

COVID-19

(CORONAVIRUS)

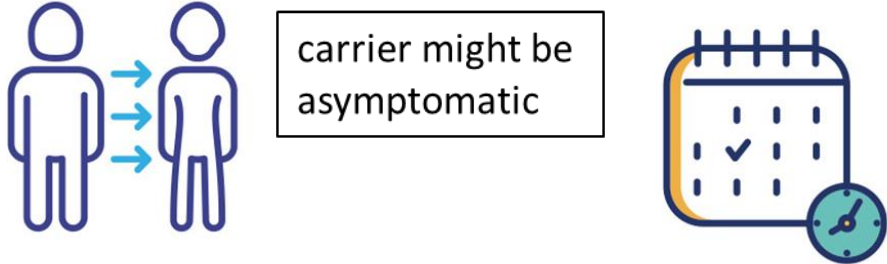
Information for Bay County

March 17, 2020



WHAT IS COVID-19?

- A new coronavirus, first identified in China in December 2019, has caused an outbreak of a respiratory illness that the World Health Organization (WHO) has designated COVID-19 a Global Pandemic in March of 2020. COVID stands for Corona Virus Disease.



The virus usually spreads from **close person-to-person contact** through respiratory droplets from coughing and sneezing.

Symptoms may develop within 14 days of exposure to the illness.

<https://www.vumc.org/coronavirus/what-you-should-know-about-covid-19-infographic>



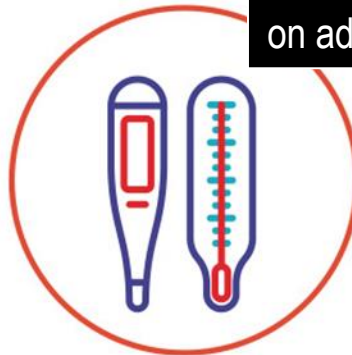
TYPICAL SYMPTOMS OF COVID-19

dry or productive



Cough

75% of hospitalized patients at some point



Fever

50% afebrile on admission

20-40%



Shortness of breath

Emergency warning signs include:

1) Persistent pain or pressure in the chest 2) New confusion or inability to arouse 3) Bluish lips or face

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

<https://www.vumc.org/coronavirus/what-you-should-know-about-covid-19-infographic>

https://infectioncontrol.ucsfmedicalcenter.org/sites/g/files/tkssra4681/f/COVID-19%20Clinical%20Evaluation%20Guide_ver%203-4-2020_1.pdf

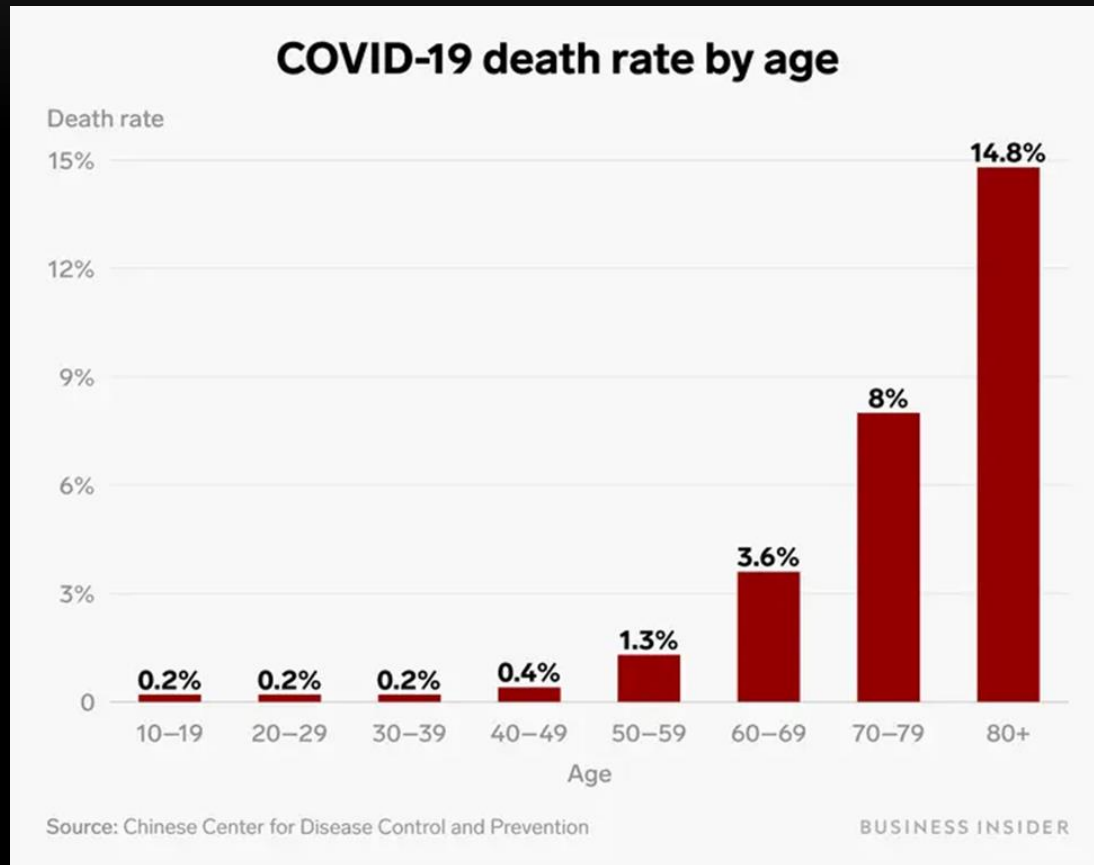


WHO IS AT HIGHER RISK?

- Information suggests that the following groups of people are at higher risk for getting very sick and having medical complications due to the virus. This includes:
- Older Adults
- People who have serious chronic medical conditions like:
 - Heart Disease
 - Diabetes
 - Lung Disease
 - Immunodeficiency
 - Kidney Disease
 - Obesity



COVID-19 DEATH RATE



HOW TO KEEP THE WORKPLACE SAFE

Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and schedule regular hand washing reminders by email
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Be careful with meetings and travel



- Use videoconferencing for meetings when possible
- When not possible, hold meetings in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings
- Assess the risks of business travel

Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

Stay home if...



- They are feeling sick
- They have a sick family member in their home



HOW TO KEEP YOUR HOME SAFE

All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Households with vulnerable seniors or those with significant underlying conditions



Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

Households with sick family members



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions



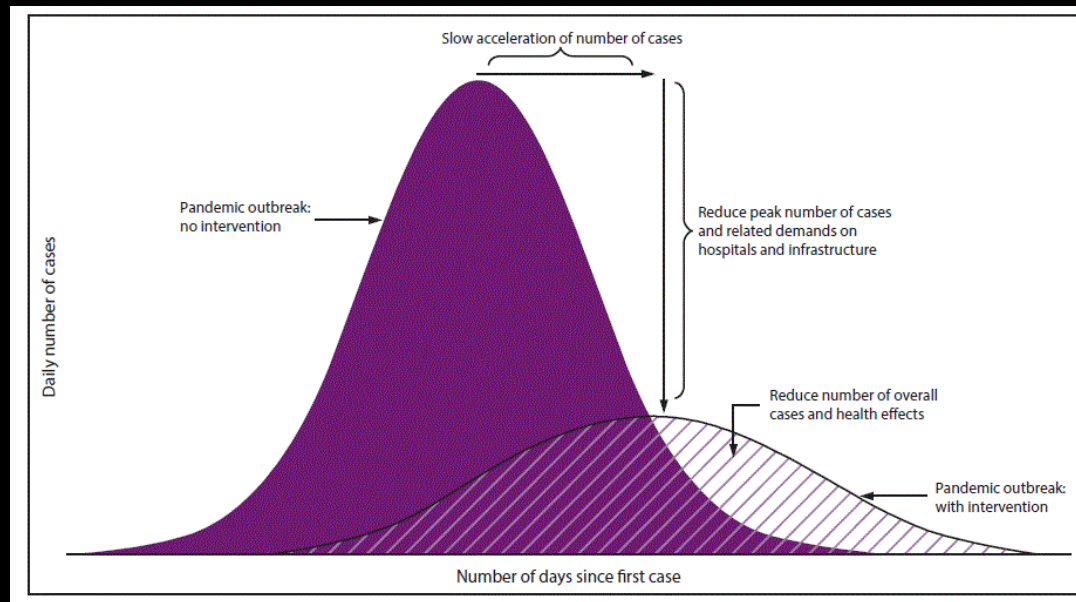
WHAT TO DO IF YOU HAVE SYMPTOMS

- Stay home if you are mildly ill. If you think you may need medical care, call your health care provider first..
- People with symptoms should not go to a hospital emergency department unless they feel their condition has so deteriorated as to require hospital admission. Always call your provider first.
- Separate yourself from other people and animals in your home
- Cover your coughs and sneezes
- Avoid sharing personal household items
- Clean all “high-touch” surfaces everyday
- Monitor your symptoms



WHAT WE NEED TO DO

BE PART OF THE SOLUTION, FLATTEN THE CURVE



WHAT WE NEED TO DO

- AVOID LARGE GROUPS OR PLACES WHERE PEOPLE CONGREGATE. MAINTAIN SOCIAL DISTANCING OF 6 FEET.
- ***Governor Whitmer's Executive Order 2020-11 prohibits public gatherings of more than 50 people. Recent guidance from the CDC suggests that public gatherings be limited to 10 people with adequate space for social distancing. To protect seniors and individuals with chronic conditions, the Health Department also strongly encourages these individuals to avoid ALL public gatherings for the time being.***
- STAY HOME WHEN YOU ARE SICK.
- FREQUENTLY WASH HANDS WITH SOAP AND WATER, OR IN THE ABSENCE OF SOAP AND WATER USE HAND SANITIZER.
- DIRECTING COUGHING AND SNEEZING INTO THE CROOK OF YOUR ELBOW OR TISSUE.
- FREQUENTLY DISINFECT COMMONLY TOUCHED SURFACES DAILY.



DO YOUR PART TO FIGHT THE VIRUS!

- For more information:

www.baycounty-mi.gov/health/

